

MODELS – JW00* PROMASTER SST

Mvmt. Cal. No. U70*

FEATURES

- Light Powered
- World Timer
- 24 Hour Chronograph
- Analog/Digital Displays
- 99 Minute Countdown Timer
- Race Chronograph

BENEFITS

- Environmentally Clean Energy Source
- World Time for 43 Cities
- 1/1000 Second Accuracy
- Shows Month, Day and Date
- Sounds Signal When Time is Up
- Split Lap Time
- Recalls up to 20 Laps
- Average Speed Calculation

 Please view our interactive setting instructions @ www.citizenwatch.com



IMPORTANT NOTES:

If a low/no charge state is reached, or another malfunction is experienced, an ALL RESET and 0-POSITIONING will be required.

ALL RESET AND 0-POSITIONING PROCEDURE

- Press and release the lower left button (C) until in the chronograph (CHR) mode.
- Pull the crown out one 'click.'
- Press and hold the upper right button (B), lower right button (A) and lower left button (C) simultaneously for 3 seconds, then release. All segments of the digital display will show, the hands will move back and forth and finally the digital display will show:

Top section : 0000
Middle Section : 00000
Lower Section : - - 0 - -

- Press and hold the upper right button (B) for 2 or more seconds, then release. The digital display will show "CRS" and the 1-second chronograph hand will move back and forth.
- Press and release the upper right button (B) repeatedly to move the 1-second chronograph hand to 60 (straight up)
- Press and release the lower left button (C). The 'main time' second hand will move counter clock-wise three rotations and the digital display will show "CRM". The 1/100 second chronograph hand will move back and forth.
- Press and release the upper right button (B) repeatedly until the 1/10 and 1/100 second chronograph hands point straight up to 00 (12:00 position).
- Press and release the lower left button (C). The hour hand will move back and forth and the digital display will show "HR".
- Press and release the upper right button (B) or lower right button (A) to move the hour and 24-hour hands straight up to the 12:00 position.
- Press and release the lower left button (C). The 'main time' second hand will rotate clockwise three rotations and the digital display will show "MIN."
- Press and release the upper right button (B) or lower right button (A) to move the minute and 'main time' second hand to the 12:00 position.
- Push the crown in one 'click'. The 'main time' and calendar must be set.

TO SET THE 'MAIN TIME' AND CALENDAR

NOTE: The analog and world times are driven by the time set in the main time/calendar mode.

- Press and release the lower left button (C) until the calendar is shown in the digital display.
- Pull crown out one 'click.' The city will flash.
- Press and release either the upper right button (B) or lower right button (A) to change the city to your time zone.
- Press and release lower left button (C). 'OFF' or 'ON' will flash (DST).
- Press and release lower right button (A) to turn DST (daylight savings time) 'ON' or 'OFF'.
- Press and release lower left button (C). The seconds will flash.
- Press and release lower right (A) button to reset seconds to '00' (seconds will start from 00)
- Press and release lower left button (C). The minutes will flash.
- Press and release either the upper right button (B) or lower right button (A) to change the minutes. NOTE: The upper right button (B) will advance the minutes while lower right button (A) will decrement the minutes.
- Press and release lower left button (C). The hours will flash.
- Press and release either the upper right button (B) or lower right button (A) to change hours. Note: The upper right button (B) will advance the hours while the lower right button (A) will decrement the hours. If using 12-hour time for your main time, be sure to pay attention to the AM (A) or PM (P) indicator located just above the hours to ensure the proper AM or PM time is set.
- Press and release lower left button (C). The '12' or '24H' indicator will flash.
- Press and release the lower right button (A) to change from 12-hour (12) to 24-hour (24H) display.
- Press and release the lower left button (C). The month of year will flash.
- Press and release either the upper right button (B) or lower right button (A) to change month. NOTE: The upper right button (B) will advance the month while the lower right button (A) will decrement the month.
- Press and release the lower left button (C). The date of month will flash.

- Press and release either the upper right button (B) or lower right button (A) to change the day of month. NOTE: The upper right button (B) will advance the date while the lower right button (A) will decrement the date.
- Press and release the lower left button (C). The year will flash.
- Press and release either the upper right (B) or lower right (A) button to change the year. NOTE: The upper right button (B) will advance the year while the lower right button (A) will decrement the year.
- Return the crown to the closed position by pushing it in one 'click' to the closed position next to the case. The analog hands will change to the time just set and the current year, month, date and day of week will show in the digital display.

TO USE THE CHRONOGRAPH

NOTE: The 'main time' second hand does not reflect chronograph timing. Be sure to refer to the 1-second, 1/10 second and 1/100 second chronograph hands as well as the digital display when referring to chronograph operations.

- Press and release the lower left button (C) until in the chronograph (CHR) mode.
- Press and release the upper right button (B) to engage the chronograph. Along with the digital display, the 1-second, 1/10 and 1/100 second chronograph hands will commence timing operations. NOTE: The 1/10 and 1/100 second chronograph hands will operate for a period of 1 minute when the chronograph is active and the upper right button (B) is pressed and released.
- To activate the 'split time' model, press and release the lower right button (A) while the chronograph is active. The digital display will pause visible timing allowing reference to the split time. Visible timing will resume after 10 seconds.
- Press and release the upper right button (B) to stop the chronograph.
- Press and release the lower right button (A) to reset the chronograph to zero.

For use and setting of additional features such as the alarm, timer and race modes, please refer to the full instruction manual or the technical support section of our web site at www.citizenwatch.com

USING THE RACE CHRONOGRAPH

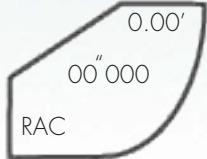
Unlike the standard chronograph, the race chronograph allows measurement of lap times based on user input distances. The records of the last 20 laps are stored into memory which can be viewed from the Lap Record mode.

TO PREPARE FOR MEASUREMENT OF THE RACE:

NOTE: The measurement system (miles or kilometers) is based on the model and cannot be user changed.

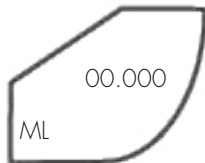
You must first clear any previous lap length and laps stored in memory.

Press and release the lower left button (C) until in the RAC (Race) mode is shown.



Pull the crown out one 'click'. Press and release the lower right button (A) to change the lower portion of the display to display "YES".

Press and hold the lower left button (C) for 2 or more seconds. This will clear the previously set distance and as well as previously measured lap records. The following will be displayed:



Press and release the upper right button (B) to increment full mile settings or the lower right button (A) to decrement full mile increments in the "left set" of zero's. If measuring less than a mile, be sure this shows zero.

Press and release the lower left button (C). The 1/10 mile setting will flash in the "right set" of zeros.

Press and release the upper right button (B) to increment the 1/10 mile settings or the lower right button (A) to decrement 1/10 mile increments in the "right set" of zero's.

Press and release the lower left button (C). The 1/100 mile setting will flash in the "right set" of zeros.

Press and release the upper right button (B) to increment the 1/100 mile settings or the lower right button (A) to decrement 1/100 mile increments in the "right set" of zero's.

Press and release the lower left button (C). The 1/1000 mile setting will flash in the "right set" of zeros.

Press and release the upper right button (B) to increment the 1/1000 mile settings or the lower right button (A) to decrement 1/1000 mile increments in the "right set" of zero's.

Press the crown in one 'click' to the closed position next to the case. You are now ready to measure the laps based on the distance just entered.

TO TIME A RACE AFTER ENTERING THE LAP DISTANCE:

NOTE: You can time up to 99 laps however only the last 20 laps will be stored into memory.

If you are not in the RAC (Race) mode, press and release the lower left button (C) until in the RAC (Race) mode is shown. Be sure you have entered the lap distance as shown to the left.

Press and release the upper right button (B) to start timing.

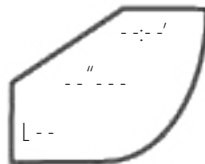
At the end of each lap, press the lower right button (A) to measure the lap time. The lap time and number will be displayed for 7 seconds and then the lap speed will show for 3 seconds. NOTE: If measuring short distances, you do not have to wait for the display to clear. You can press and release the lower right button (A) to record laps into memory. Remember, only the last 20 laps will be recorded.

Press and release the upper right button (B) to stop timing. If needed you can restart timing at this point by once again pressing and releasing the upper right button (B).

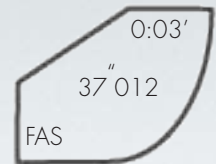
With timing stopped, press and release the lower right button (A) to clear the timing.

TO VIEW THE LAST 20 LAPS STORED IN MEMORY

Press and release the lower left button (C) to change to Lap Mode. If there are no records stored, the display will show:



If there are records in the lap mode, you will see measurements for the first lap. The display will show the fastest lap:



While FAS is showing in the digital display, you may press the upper right button (B) to show the speed for that lap.

Press and release the lower right button (A) to display the average speed.

Press and release the lower right button (B) to display the worst lap time

Press and release the lower right button (A) to display lap times for the last 20 laps stored in memory.

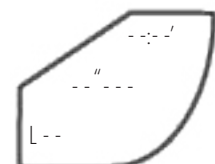
TO CLEAR LAP RECORD MEMORY

Press and release the lower left button (C) to change to Lap Mode.

Pull the crown out one 'click' to the setting position.

Press and release the lower right button (A) to show the word "YES" in the lower portion of the display.

Press and hold the lower left button (C) for two or more seconds. The memory will be cleared and the display will show:



Push the crown in one 'click' to the closed position.